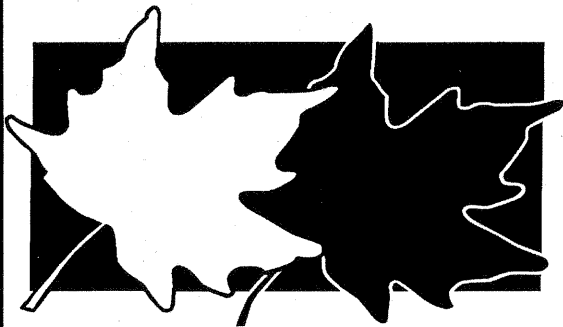
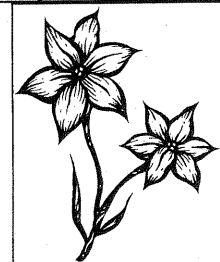
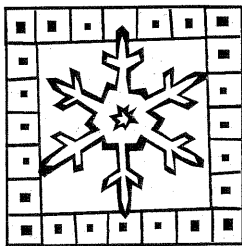


# WEST LAFAYETTE



## Parks and Recreation

### Winter/Spring Recreation Guide



2011

# WELCOME

Inside this brochure you will find plenty of opportunities to start the year out right. You can choose from fitness to discovering hidden artistic talents.

Join us for some fun.

Mail your registration today!

Discover the Benefits of your  
Parks & Recreation.

## City Officials

Mayor: John Dennis  
Clerk-Treasurer: Judy Rhodes

## Council Representatives

Peter Bunder Vicki Burch  
Steve Dietrich Jon Hoggatt  
Ann Hunt Gerry Keen  
Gerald Thomas

## Parks and Recreation Board

Karen Springer Pat Flannelly  
John McDonald Aimee Jacobsen  
Richard Shockley Karen Springer  
Andy Gutwein - Attorney

## Parks and Recreation Staff

Joe Payne Superintendent  
Pennie Ainsworth Asst. Superintendent  
Lee Booth Parks Director  
Chris Foley Recreation Director  
Brenda Lorenz Morton Director

## Parks and Recreation

### City Hall Office

609 West Navajo - Phone 775-5110

### Morton Center

222 N. Chauncey - Phone 775-5120

### Riverside Skating Center

743-RINK (743-7465)

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## Special Thanks to the West Lafayette School Corporation

Some programs and activities are conducted at various schools in the City of West Lafayette. Our special thanks to the West Lafayette School Corporation, Board of Education, faculty and staff for their cooperation and support.

*We don't stop playing because we grow old.  
We grow old because we stop playing.*  
**Parks & Recreation, Discover the Benefits...**

# FITNESS & WELLNESS

## Young At Heart Senior Aerobics

This is a total exercise program designed specifically for older adults. The low impact exercises increase flexibility, strengthen muscles, and enhance coordination while providing a cardiovascular workout. The participants can incorporate the use of free weights to increase the workout. Taught by a Registered Nurse, the class provides blood pressure monitoring and socialization. Total discount of \$10 given if student signs up for all four classes at the same time. Call Nancy Edwards for more information at 463-3282.

Instructor: Nancy Edwards, Registered Nurse

Location: MPR & room 200 Ages: 50 & older

<u>Session</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	M,T & Th	Jan 10-Feb 1	8:45-9:30 am	154151X	*\$25
2	M,T & Th	Feb 3-Mar 3	8:45-9:30 am	154152X	*\$25
3	M,T & Th	Mar 7-31	8:45-9:30 am	154191C	*\$25
4	M,T & Th	Apr 4-28	8:45-9:30 am	154192C	*\$25

\*If all four classes taken and registration done at the same time, the price would be \$90 instead of \$100.

## Better Balance for Seniors Using

### Traditional Exercise and Awareness Through Movement®

Balance is a crucial component of fitness, especially as we grow older. This "Better Balance" class is designed especially for seniors. All exercises will be done while standing or sitting in a chair. We will address these elements of good balance: strength, flexibility, and coordination. Handouts are included so you can practice the exercises between classes and new exercises are added weekly. Each class combines traditional exercise and an Awareness Through Movement (ATM) lesson. Included are balance exercises, and strength and flexibility exercises for hips, knees, ankles, and feet. ATM uses gentle, slow movements and focused attention to sensory feedback resulting in improved coordination and improved sensory awareness. Dress comfortably for non-aerobic exercise and wear supportive, closed toe, flat soled shoes. If you would like more information, contact Carla Rock, physical therapist, Guild Certified Feldenkrais Practitioner, at 491-4375, [Carla.Rock@comcast.net](mailto:Carla.Rock@comcast.net).

Instructor: Carla Rock

Location: Morton Center, room 206 Ages: 18 or older

<u>Day</u>	<u>Dates</u>	<u>Reg. Deadline</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Tue	Mar 1-22	Feb 25	2:00-3:30pm	154831C	\$60

## Tai Chi Chuan

Tai Chi is a flowing, slow movement exercise which works with balanced energy and efficient body mechanics. This is a workshop on principles and practice methods for everyone—beginners and students with prior experience. Specific exercises of root practice (the foundation of all Tai Chi movements) will be taught. Beginners can take these exercises with them to start their own regular practice and advanced students will find that these exercises provide excellent core principles for refinement of their current practice. Call David at 765-564-2258 for more information.

Instructor: David McCain

Location: Morton Center-room 206

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
15 & older	Sat	Feb 26	1:00-4:00pm	153051W	\$25

## Alexander Technique for Stress Relief

Do you feel tired and drained? Learn new postures and body movements to correct stressful habits at work and home. Increase your energy flow and awareness with simple subtle movements. This class is especially beneficial for yoga, taiji, massage and healing practitioners. Use your body with maximum ease and effectiveness to achieve high skill and competence levels. Recommended by athletes, dancers, musicians and actors.

Call David at 765-564-2258 for more information.

Instructor: David McCain      Location: Morton Center -room 101

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
15 & older	Tues	March 1	6:30-9:00pm	153031Y	\$20

## Lathi & Spinning Stick

Lathi is an ancient martial art from India. It uses a long staff and centers at the heart. Lathi is great fun, a good workout and easy to learn. Performed slowly, the rhythm has a meditative quality. Done at a faster speed, it is an excellent aerobic exercise. Call David at 765-564-2258 for more information.

Instructor: David McCain      Location: Morton Center- multipurpose room

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
10 & older	Sat	Feb 12	1:00-4:00pm	153011A	\$25

## Forever Fit!

Adults will find new ways to gain strength, balance, speed and agility through basic non-aerobic and aerobic training. Gain some new ideas about everyday activities that you need to help you have a longer and healthy life. Please bring free weights (3 lbs. or 5 lbs.), wear comfortable shoes that you can move freely in and an open mind to new ideas about moving and getting fit. The instructor is an experienced personal trainer and also taught Wellness and Fitness at Stern's College for Women (Yeshiva University) in NY City. Call Joy at 464-0580 for more information. Take advantage of more sessions for less money.

Instructor: Joy McEwen-Ambrose

Location: Morton Center-room 208      Ages: 50 or older

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Mon	Jan 10-Feb 28 no class 2/21	10:30-11:30am	154552V	*\$50
2	Wed	Jan 12-Feb 23	10:30-11:30am	154581X	*\$50
3	Mon	Mar 7-Apr 25 no class 3/14	10:30-11:30am	154582X	*\$50
4	Wed	Mar 9-Apr 27 no class 3/16	10:30-11:30am	154811C	*\$50

\* Two sessions may be taken for \$80; all four sessions may be taken for \$150.00

## Zumba® Toning

The Zumba® Toning program takes the original dance-fitness class to the next level utilizing an innovative muscle training protocol and the addition of lightweight toning sticks. Created to emphasize muscle work along with rhythms, this combination of cardio and dynamic resistive exercises is an effective use of progressive lightweight training to improve overall performance. This program is assured to provide you with a safe and effective, redefining total body workout! Zumba Toning is exhilarating, different, challenging and effective and provides a new avenue to weighted activity for the participant. Call Rachael at 765-418-5160 for more information.

Instructor: Rachael Berard      Location: Morton Center - room 206      Ages: 16 or older

<u>Session</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
1	Tue & Thu	Jan 11-Mar 3	6:30-7:30pm	143561Q	\$192	\$25*
2	Tue & Thu	Mar 8-Apr 28 no class 3/15 & 3/17	6:30-7:30pm	143581T	\$168	\$25*

\*Supply fee is for new students for the toning sticks that will be used.

## Total Body Movement

This unique program developed over the years through extensive experience by LaVerne Mikhail is designed to use every muscle of the body using a hybrid of yoga stretches, Pilates, ballet and other dance. The variety of movements has a beautiful harmony and is used to improve strength, balance, flexibility and muscle tone. They will improve posture and release stress. This is NOT aerobics. Call LaVerne at 743-4786 for more information.

Instructor: LaVerne Mikhail or Kim Swartz

Location: Morton Center - room 208      Ages: 14 & older

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Mon	Jan 17-Apr 25 no class 2/21, 3/14 & 3/28	9:00 – 10:05am	150151A	\$90*
2	Tues	Jan 18-Apr 26 no class 3/15 & 3/29	5:30-6:30pm	150161V	\$90*
3	Wed	Jan 19-Apr 27 no class 3/16 & 3/30	9:00 – 10:05am	150171A	\$90*

\*Note: \$10 total discount given if two of the above classes are taken.

Registrations for both classes must be done at the same time in order to receive the discount.

## Zumba®

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, which create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. Zumba integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteals, legs, arms, core, abdominals and the most important muscle in the body, the heart. No dance experience required. Please call Rachael Berard at 765-418-5160 for more information.

Instructor: Rachael Berard

Location: Morton Center      Ages: 16 or older

<u>Session</u>	<u>Days</u>	<u>Dates</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>
1	Mon & Wed	Jan 10-Mar 2 no class 2/21	8:00-9:00pm	MPR	143151Q	\$124
2	Mon & Wed	Mar 7-Apr 27 no class 3/14 & 3/16	8:00-9:00pm	MPR	143261R	\$116
3	Tue & Thu	Jan 11-Mar 3	8:00-9:00pm	206	143281Q	\$132
4	Tue & Thu	Mar 8-Apr 28 no class 3/15 & 3/17	8:00-9:00pm	206	143351W	\$116
5	Sat	Jan 15-Mar 5	9:00-10:00am	206	143361V	\$ 66
6	Sat	Mar 26-Apr 30	9:00-10:00am	206	143451Q	\$ 50

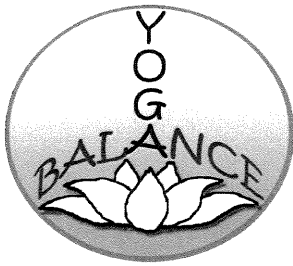
## Yoga Pilates Fusion

A dynamic combination of yoga and pilates moves to provide body shaping calorie burning benefits. No previous experience is necessary and is good for the student at any level. Please bring your own mat and 3-5 lb. dumbbells. Comfortable clothing and shoes required. Add the Fit 4 Ever personal training package and receive one-on-one weight loss, nutrition, and coaching advice and individual progress monitoring. Talk to instructor for details. Call Paula Eve Davis at 765-404-0568 for more information.

Instructor: Paula Eve Davis or Fit 4 Ever Staff Person

Location: Morton Center- room 202      Ages: 16 & older

<u>Session</u>	<u>Dates</u>	<u>Days</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Jan 11-Feb 3	Tue & Thu	7:00-7:45pm	147241W	\$99
2	Feb 8-Mar 3	Tue & Thu	7:00-7:45pm	147241X	\$99
3	Mar 8-31	Tue & Thu	7:00-7:45pm	147241Y	\$99
4	Apr 5-28	Tue & Thu	7:00-7:45pm	147241Z	\$99



## Hatha Yoga

The breathing techniques and postures of yoga increase strength and flexibility, essential for both a healthy body and mind. Discover a profound sense of relaxation and wholeness unlike anything you've ever experienced.

Call Lisa Nail at 743-5050, Susanne McConville at 477-0344,  
Shari Gass at 429-6214, Sam Royer at 429-5903,  
or Manju Jarori at 496-4355 for more information.

Location: Morton Center, room 200

Ages: 14 & older

Instructor permission required for those under 14. Royer & McConville prefer students to be age 16 or older.

**Beginning Yoga:** for the novice or students interested in a review of the fundamentals.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 12-Feb 23 no class 2/16	Wed	7:15-8:45 pm	151701W	\$60	McConville
Jan 24-Mar 7 no class 2/21	Mon	5:30-6:45 pm	151057V	\$60	Nail
Session 2					
Mar 9-Apr 20 no class 4/6	Wed	7:15-8:45 pm	151711W	\$60	McConville
Apr 4-May 9	Mon.	5:30-6:45 pm	151058C	\$60	Nail

**Beginning Yoga for Men:** specifically for novices or those interested in a review of the fundamentals.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 20-Feb 24	Thu	5:30-6:45 pm	152031A	\$60	Royer
Mar 24-Apr 28	Thu	5:30-6:45 pm	152031B	\$60	Royer

**Continuing Yoga:** Prior experience preferred.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 10-Mar 7 no class 1/17 & 2/21	Mon	7:15-8:30 pm	151156Y	\$70	Nail
Jan 12-Mar 9 no class 2/9	Wed	10:00-11:15 am	151094A	\$80	Gass
Jan 12-Feb 23 no class 2/16	Wed	5:30-6:45 pm	151731R	\$60	McConville
Jan 18-Mar 8 no class 2/22	Tue	5:30-6:45 pm	151161R	\$70	Nail
Session 2					
Mar 2-Apr 20 no class 4/6	Wed	5:30-6:45 pm	151741R	\$70	McConville
Mar 23-Apr 27	Wed	10:00-11:15 am	151166Y	\$60	Gass
Apr 4-May 9	Mon	7:15-8:30 pm	151157Y	\$60	Nail
Apr 5-May 10	Tue	5:30-6:45 pm	151960C	\$60	Nail

**All Levels:** appropriate for all levels of experience.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 11-Feb 22	Tue	7:15-8:30 pm	150211V	\$70	Royer
Jan 12-Mar 9 no class 2/9	Wed	1:00-2:15 pm	152011G	\$80	Gass
Jan 18-Mar 8 no class 2/22	Tue	10:00-11:15 am	151491A	\$70	Nail
Feb 7-Mar 14 no class 2/21	Mon	12:00-1:15 pm	150221V	\$50	Royer
Session 2					
Mar 15-Apr 26	Tue	7:15-8:30 pm	150231R	\$70	Royer
Mar 21-Apr 25	Mon	12:00-1:15 pm	150241R	\$60	Royer
Mar 23-Apr 27	Wed	1:00-2:15 pm	152021G	\$60	Gass
Apr 5-May 10	Tue	10:00-11:15 am	151961A	\$60	Nail

**Gentle Yoga:** Suitable for all levels and appropriate for prenatal. Age 18 or older.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 13-Feb 24 no class 2/17	Thu	10:00-11:15 am	151067C	\$60	McConville
Mar 10-Apr 21 no class 4/7	Thu	10:00-11:15 am	151511C	\$60	McConville

**Yoga for a Better Back:** Yoga asanas adapted to help cultivate more comfort, flexibility, and strength in your back. Appropriate for all levels. Age 18 or older.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 10-Feb 28 no class 2/14 & 21	Mon	10:00-11:15am	151066C	\$60	McConville
Mar 7-Apr 25 no class 4/4 & 11	Mon	10:00-11:15am	151411R	\$60	McConville

**Inner Peace Yoga & Meditation:** Traditional yoga poses, relaxation techniques & meditation.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 20-Feb 17	Thu	7:15-8:30pm	150281X	\$50	Jarori
Jan 21-Feb 18	Fri	5:30-6:45pm	150281Y	\$50	Jarori
Session 2					
Feb 24-Mar 24	Thu	7:15-8:30pm	150282E	\$50	Jarori
Feb 25-Mar 25	Fri	5:30-6:45pm	150282F	\$50	Jarori
Session 3					
Mar 31-Apr 28	Thu	7:15-8:30pm	150283X	\$50	Jarori
Apr 1-29 no class 4/22	Fri	5:30-6:45pm	150283Y	\$40	Jarori

**Flow Yoga:** Experience preferred. This class will move at a faster pace.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 13-Mar 10 no class 2/10	Thu	12:00-1:15pm	150280R	\$80	Gass
Mar 24-Apr 28	Thu	12:00-1:15pm	150280T	\$60	Gass

**Restorative Yoga:** For deep relaxation. Placing and holding our bodies in supported relaxing postures, so that we can really learn to let go, quiet and calm our racing minds, and soothe our tense muscles.

<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 10-31	Mon	12:00-1:15pm	151097A	\$40	Gass

### Yoga Workshop—Strengthen Your Shoulders—Open Your Hips

Location: Morton Center - room 200 Ages: 14 & older

Refining the movements of your hips and shoulders will help cultivate greater strength, flexibility, and depth in your practice. This workshop will deepen your practice and allow you to break through habitual patterns. Previous yoga experience recommended.



<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Jan 29	Sat	10:00am-Noon	151096A	\$20	Gass

### Free Yoga Class –Morton Center- room 200

Mon., Jan. 10 – 5:30-6:45 pm and Wed., Mar 2 – 7:15-8:30 pm  
and Gentle Yoga on Thursday, Mar 3 – 10:00-11:15am

Are you curious about Yoga? Here is your chance to try a class FREE. This will be an introductory class for new students. Please call the Morton office at 775-5120 to leave your name, phone number, and e-mail address if interested since space is limited. Students should be age 14 or older.

### Yoga Donation Classes

Everyone is welcome to attend these classes, regardless of experience, fitness, or income level. Fees are by donation. The suggested donation would be appreciated, but if you are on a tight budget, just pay what you can afford. Please call the Morton office at 775-5120 to reserve your spot if you are interested, since space is limited. Since donations will be collected in class, we will not be able to accept credit cards. Please make donations the day of class in cash or check made out to City of West Lafayette. Students should be age 14 or older.

Yoga with Sam Royer – Sat., Feb. 5 – 10:00-11:15am, Morton Center-room 200 Suggested Donation: \$10

Yoga with Lisa Nail – Sat., Apr. 16 – 10:00-11:15am, Morton Center- room 200 Suggested Donation: \$10

## Dao Yin Yang Sheng Gong

Dao Yin Yang Sheng Gong is a practice of exercise, meditation, self-healing, and self-defense with roots in ancient China. It is a combination of flowing movements and deep breathing techniques with repetition that lead to better mobility and balance. Call Nancy VanDoren at 296-7602 for more information.

**Beginning Forty-Nine Movements** - Learn to control breathing, calm the mind, and stimulate specific acupressure points in the body using slow, smooth movements that were developed to help prevent illness and promote overall health.

**Continuing Forty-Nine Movements** – For those students who have already taken the initial Forty-Nine Movements, these sessions focus on continued practice of the techniques.

**Ba Duan Jin or 8 Pieces of Brocade** – Good beginner class -consists of eight moves or stretches and a great warm up callisthenic prior to exercise routines. Focus is on controlled breathing techniques and slow stretches.

**Yang Sheng Taiji Gong II** – Eight simplified moves that are easy to learn and quite similar to other Dao Yin movements which can be practiced in almost any setting.

**Dao Yin Dance** – An accumulation of movements from a variety of specific exercises combined into a short “dance” involving slow, circular movements with breathing techniques to promote health. For the intermediate or advanced student who has studied any type of Tai Chi or Qi Gong.

**Yang Sheng Sword** – Using a sword as a focus point, this Qi Gong exercise promotes an increased range of motion and balance through movements. This exercise is based on self-defense techniques. Sword motions and deep breathing stimulate acupressure points. For intermediate & advanced students. Dao Yin Dance is a good course to prepare for this class and is recommended.

**Health Preserving Exercises of Emperor Qian Long** – As the name implies this is a health maintenance exercise. It works to improve flexibility and mobility through repetitive movements as well as massage specific acupressure points to stimulate health and well being.

Instructor: Nancy M. VanDoren, OTR

Location: Morton Center      Ages: 14 and older

<u>Class</u>	<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>
Introduction	Jan 8	Sat	10:00-11:30am	101		Free
Beg. 49 Movements	Jan 12-Feb 23	Wed	9:00-10:00am	204	152111J	\$70
Beg. 49 Movements	Jan 12-Feb 23	Wed	5:30-6:30pm	101	152111V	\$70
Cont. 49 Movements	Jan 11-Feb 15	Tue	9:00-10:00am	204	152211X	\$45
Ba Duan Jin	Jan 12-Feb 16	Wed	10:30-11:30am	204	152188M	\$60
Yang Sheng Taiji Gong II	Jan 11-Feb 15	Tue	10:30-11:30am	204	152266D	\$60
Dao Yin Dance	Jan 11-Feb 22	Tue	1:00-2:00pm	204	152166V	\$70
Yang Sheng Sword	Jan 11-Feb 22	Tue	5:30-6:30pm	204	152168V	\$70
Yang Sheng Sword	Jan 12-Feb 23	Wed	1:00-2:00pm	204	152186M	\$70
Health Pres. Exercises	Jan 13-Feb 17	Thu	10:00-11:00am	204	152311Z	\$60

### Session 2

Introduction	Feb 26	Sat	10:00-11:30am	101		Free
Beg. 49 Movements	Mar 2-Apr 13	Wed	9:00-10:00am	204	152121J	\$70
Beg. 49 Movements	Mar 2-Apr 13	Wed	5:30-6:30pm	101	152121V	\$70
Cont. 49 Movements	Mar 1-Apr 5	Tue	9:00-10:00am	204	152221X	\$45
Ba Duan Jin	Mar 2-Apr 6	Wed	10:30-11:30am	204	152189M	\$60
Yang Sheng Taiji Gong II	Mar 1-Apr 5	Tue	10:30-11:30am	204	152267D	\$60
Dao Yin Dance	Mar 1-Apr 12	Tue	1:00-2:00pm	204	152167V	\$70
Yang Sheng Sword	Mar 1-Apr 12	Tue	5:30-6:30pm	204	152187A	\$70
Yang Sheng Sword	Mar 2-Apr 13	Wed	1:00-2:00pm	204	152187M	\$70
Health Pres. Exercises	Mar 3-Apr 7	Thu	10:00-11:00am	204	152321Z	\$60

## Tai Ji

These are gentle exercises that enhance health and promote a sense of well-being. Call Mary Campbell at 765-426-5541 for more information.

Instructor: Mary Campbell

Location: Morton Center    Ages: 16 or older

### Tai Ji Preview

Free demonstration class for TaiJi and QiGong. Curious about these exercise forms? Stop by for a demonstration, a chance to ask questions, meet the instructor and learn a simple exercise. No registration necessary.

<u>Session</u>	<u>Day</u>	<u>Date</u>	<u>Times</u>	<u>Room</u>	<u>Fee</u>
1	Sat	Jan 15	3:30-4:20 pm	101	FREE!
2	Sat	Mar 5	3:30-4:20 pm	101	FREE!

**Tai Ji QiGong 18 Steps - Beginning** -It does not matter how you spell it – this combination of the flowing movements of TaiJi (Tai Chi) and the gentle repetition of QiGong (Chi Kung) is very calming and soothing. This form in itself is sufficient for a life time of practice. It is also an excellent introduction to the foundational principles of the many forms of TaiJi. As such, it is especially suitable for beginners.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Times</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>
1	Mon	Jan 17-Feb 28 no class 2/21	1:00-1:50pm	101	152366J	\$60
2	Mon	Mar 7-Apr 18 no class 3/28	1:00-1:50pm	101	152366Y	\$60
3	Thu	Jan 20-Feb 24	5:30-6:20pm	101	152366K	\$60
4	Thu	Mar 10-Apr 21 no class 3/31	5:30-6:20pm	101	152366Z	\$60

**Tai Ji QiGong 18 Steps – Practice and Review** -This class offers the opportunity to review, deepen, and refine the form learned in the beginning TaiJi QiGong 18 Steps class. Class members should have taken the beginning class with this instructor.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Times</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>
1	Mon	Jan 17-Feb. 28 no class 2/21	2:00-2:50pm	101	152367M	\$50
2	Mon	Mar 7-Apr 18 no class 3/28	2:00-2:50pm	101	152367Y	\$50
3	Thu	Jan 20-Mar 3 no class 1/27	6:30-7:20pm	101	152367N	\$50
4	Thu	Mar 10-Apr 21 no class 3/31	6:30-7:20pm	101	152367Z	\$50

**Tai Ji Quan (Tai Chi Chuan) 24 Steps – Beginning** - This is probably the most popular form of TaiJi (Tai Chi) in the world. It is beautiful, meditative, and health enhancing. Though accessible to people of all ages, it does involve standing, coordinated movements, and balance.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Times</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>
1	Mon	Jan 17-Feb 28 no class 2/21	5:00-5:50pm	101	152368Z	\$60
2	Mon	Mar 7-Apr 18 no class 3/28	5:00-5:50pm	101	152481V	\$60

**Tai Ji Quan (Tai Chi Chuan) 24 Steps – Practice & Review** - This class focuses on continued repetition of the 24-Step form in order to improve the memorization of the steps, to deepen the meditative aspects, and to enjoy the stress-reducing qualities of the form. Open to anyone who has studied TaiJi Quan 24 Steps.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Times</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>
1	Mon	Jan 17-Feb 28 no class 2/21	6:00-6:50pm	206	152483V	\$50
2	Mon	Mar 7-Apr 18 no class 3/28	6:00-6:50pm	206	152483W	\$50

## Nutrition Classes

Shraddha Chaubey is a Registered Dietitian/Nutritionist that will be teaching one hour interactive nutrition classes. For more information contact the instructor at [schaubey@nutripledge.com](mailto:schaubey@nutripledge.com) or call 491-6700.

**Healthy Weight for Healthy Living**—Ideal body weight, body mass index, and resting energy expenditure fundamentals will be discussed. How one can use this information in planning a healthful diet to lose desirable weight or to maintain a healthy body weight will be discussed.

**Nutrition to Improve Health and Wellness**—Go inside the food pyramid and learn about food groups and their significance to health. Learn how the inclusion of different food groups in daily diet from the food pyramid along with physical activity can improve an individual's health and wellness.

**Functional Foods for Your Health and Wellness**—Learn about various functional foods available in the market and their physiological roles in disease prevention and improvement of health and wellness. The difference between conventional functional foods and commercialized functional foods will be clarified and safe dietary use of these special foods to prevent common diseases like obesity, diabetes, heart disease, etc. and to promote health and wellness will be discussed.

**Fibers for Your Health**—Learn how different dietary fibers and their physiological roles in disease prevention improve health and wellness. The different kinds of fibers, their food sources, properties and their role in certain disease prevention and maintenance like obesity, diabetes, heart disease and certain types of cancers, etc. will be discussed.

Instructor: Shraddha Chaubey

Location: Morton Center    Ages: 16 or over

<u>Class</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
Healthy Weight	Tue	Jan 11	11:00am-Noon	211	153511Y	\$20	\$2
Healthy Weight	Thu	Jan 20	7:00-8:00pm	108	153521Y	\$20	\$2
Nutrition for Health	Thu	Feb 10	7:00-8:00pm	108	153531Y	\$20	\$2
Nutrition for Health	Tue	Feb 22	11:00am-Noon	211	153541Y	\$20	\$2
Functional Foods	Tue	Mar 8	11:00am-Noon	211	153711T	\$20	\$2
Functional Foods	Thu	Mar 17	7:00-8:00pm	211	153712W	\$20	\$2
Fibers for Your Health	Tue	Apr 12	11:00am-Noon	202	153771T	\$20	\$2
Fibers for Your Health	Thu	Apr 28	7:00-8:00pm	211	153772T	\$20	\$2

*\*Supply fee paid to instructor at first class.*

## Fitness Boot Camp – Weight Loss Challenge!

Whip that body in shape! This 55 minute class format will combine strength training with good old fat burning moves to whittle the middle. Please bring your own mats and 5 lb. dumbbells. The last 10 minutes of class will be spent on weight loss, nutrition and counseling advice. The Fit 4 Ever personal training package is included. You will receive one-on-one weight loss, nutrition and coaching advice and individual progress monitoring. Go to [www.fit4everhealth.com](http://www.fit4everhealth.com) or call Paula Eve Davis at 765-404-0568 for more information.

Instructor: Paula Eve Davis or Fit 4 Ever Staff Person

Location: Morton Center, room 206    Ages: 16 & older

<u>Session</u>	<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Jan 10-Feb 2	Mon & Wed	7:00-7:55pm	147221W	\$149
2	Feb 7-Mar 7 no class 2/21	Mon & Wed	7:00-7:55pm	147221X	\$149
3	Mar 14-Apr 6	Mon & Wed	7:00-7:55pm	147221Y	\$149
4	Apr 11-May 4	Mon & Wed	7:00-7:55pm	147221Z	\$149

# DANCE

## Clogging

Clogging is a true American dance originating in the Appalachian Mountains. It incorporates style and step from a variety of countries and cultures. Today, clogging can be done to any expression of music. In addition to combining a variety of steps and styles, it is also an excellent form of entertainment and exercise. We have a group practice in our curriculum as well. Call Kyla at 714-0592 for more information and information about acquiring shoes or class eligibility.

Instructor: Kyla Houston

Location: Morton Center -room 101 Ages: 8 or older

<u>Class</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Beginner I	Tue	Jan 18-Feb 22	5:30-6:30pm	149061Y	\$30
Group	Tue	Jan 18-Feb 22	6:30-7:30pm	149081Z	\$30
Beginner I	Tue	Mar 8-Apr 19 no class 3/29	5:30-6:30pm	149071Y	\$30
Group	Tue	Mar 8-Apr 19 no class 3/29	6:30-7:30pm	149091A	\$30

## Introduction to Line Dancing

This class will provide an introduction to the basic movements of line dancing, where we dance in lines and no partner is needed. No prior dance experience is necessary. Wear comfortable shoes and clothes that allow you to move freely. We will learn new dances in each session, so sign up for one or both classes. Please call the instructor, Graehme Hall, at 446-7134 if you have any questions.

Instructor: K. Graehme Hall

Location: Morton Center-multipurpose room Ages: 18 or older

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Thu	Feb 3-Mar 10	5:30-6:30pm	144661Q	\$40

## Salsa, Swing or Tango Dancing

Instructor: Allen or Jessica Nugent

Location: Morton Center- Multipurpose room Ages: 16 & older (Younger students permitted with adult)

**Beginner Salsa** - The Salsa is a fun flirty Latin dance known for its hip motion, quick movement, and lots of turns. This class is designed for the beginner learner. No dance experience or partner required.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee per person</u>
Tue	Jan 11-Feb 8	8:00-9:00pm	146671Z	\$45

**Beginner Swing** -East Coast Swing is one of the most popular dances there are. It is a quick and energetic dance that can be done to a wide variety of songs. It is great exercise and a lot of fun! Designed for the beginner learner. No dance experience or partner required.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee per person</u>
Tue	Feb 15-Mar 15	8:00-9:00pm	146672Z	\$45

**Beginner Argentine Tango** -This form of Tango has a style that is completely unique and unlike the other American style dances. It is a very romantic and intricate dance characterized by a close hold and quick leg and foot movements. No dance experience or partner required.

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee per person</u>
Tue	Mar 22-Apr 19	8:00-9:00pm	146673Z	\$45

## Ballroom Dancing

Instructor: Allen or Jessica Nugent

Location: Morton Center- Multipurpose room

Ages: 16 & older (Younger students permitted with adult)

-No partner required. Dress is casual and comfortable. Shoes with a leather sole are preferred, but not necessary. Please call Jessica at 807-6407 for more information.

**Multiple Class Discount:** A \$10 discount may be taken for a second ballroom class, if multiple ballroom classes taken by same student in the same session. To receive the discount, you must register at the same time for the multiple ballroom classes and prior to the beginning of class. If registration is done separately or after the class starts, the discount cannot be given.

*\*All ballroom classes will meet on a Thursday evening from 7-9 pm for a practice party.*

*This is a great way to practice what you've learned while still being in a teaching environment.*

**\*Beginner Ballroom** -Anyone can learn the basics of Ballroom Dance! This is a class for the beginner learner. Even those with two left feet are welcome. Here we will learn the basic steps in the Fox Trot, Waltz, Swing, Rumba, and Cha-Cha.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>*Practice Party-Time</u>	<u>Code</u>	<u>Fee/Person</u>
1	Tues	Jan 11-Feb 1	7:00-8:00pm	Feb 10-7:00-9:00pm	146111Y	\$45
2	Tues	Feb 15-Mar 8	7:00-8:00pm	Mar 17-7:00-9:00pm	146112Y	\$45
3	Tues	Mar 22-Apr 12	7:00-8:00pm	Apr 21-7:00-9:00pm	146121Y	\$45

**Intermediate Ballroom** -This is the next level up from the Beginner Ballroom Class. There is a lot to be learned within the intermediate level of dancing. Here you will learn to develop your technique and add new steps. Only recommended for those who have completed at least one Beginner Ballroom Class, or who are already comfortable with the basic steps. Dances may include Swing, Rumba, Waltz, Tango, Fox Trot, Cha-Cha, Merengue, and/or Salsa.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>*Practice Party- Time</u>	<u>Code</u>	<u>Fee/Person</u>
1	Thur	Jan 13-Feb 3	7:00-8:00pm	Feb 10-7:00-9:00pm	146211Z	\$45
2	Thur	Feb 17-Mar 10	7:00-8:00pm	Mar 17-7:00-9:00pm	146212Z	\$45
3	Thur	Mar 24-Apr 14	7:00-8:00pm	Apr 21-7:00-9:00pm	146221Z	\$45

**Advanced Ballroom** –This class is geared towards the experienced dancer and is a great class for the dancer who wants to improve their technique & learn new patterns at a more advanced level. Dances may include Waltz, Fox Trot, Tango, Cha-Cha, Rumba, Swing, Mambo, Salsa, Merengue, Hustle, Samba and/ or West Coast Swing. Students can move up to this class based on teacher's discretion or approval.

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>*Practice Party Time</u>	<u>Code</u>	<u>Fee/Person</u>
1	Thur	Jan 13-Feb 3	8:00-9:00pm	Feb 10-7:00-9:00pm	146231Z	\$45
2	Thur	Feb 17-Mar 10	8:00-9:00pm	Mar 17-7:00-9:00pm	146311Y	\$45
3	Thur	Mar 24-Apr 14	8:00-9:00pm	Apr 21-7:00-9:00pm	146321Y	\$45

## Tahitian Dance

Experience the alluring culture of the Tahitian Islands. Tahitian dance is quickly growing in popularity across the U.S. and is an exciting way to stay in shape while having fun. Students will be learning basic form and techniques and will be introduced to both the Aparima and 'Ote'a dancing styles. **There will be an additional fee for students who choose to order a practice uniform (not required.)** All students will also be invited to perform at an end of year group performance. For more information call Laurianne at 765-838-1260 or visit [www.kapapadancestudio.com](http://www.kapapadancestudio.com).

Instructor: Laurianne Kapapa

Location: Morton Center

### Beginning Tahitian – Ages 13-adult

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>
1	Tue	Jan 11-Feb 22	7:30-8:30pm	208	144401Q	\$70
2	Tue	Mar 1-Apr 26 no class 3/15 & 29	7:30-8:30pm	208	144471Q	\$70

### Intermediate Tahitian – Ages 13-adult

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>
1	Wed	Jan 12-Feb 23	7:30-8:30pm	101	144481W	\$70
2	Wed	Mar 2-Apr 27 no class 3/16 & 30	7:30-8:30pm	101	144501R	\$70

## International Folk Dance

Beginning and continuing level folk dances will be taught in two separate classes on Saturday. Beginning will focus on repetition and getting the basics. Beginning level dances (easy dances) from Europe, the Mediterranean area, and other areas will be taught. Continuing will focus on more challenging dances/step combinations from Europe, the Balkans, the Mediterranean areas, and other areas. A new dance will be taught each week, and students will be able to review and request their favorite dances. In both classes, there will be a focus on good exercise, socialization, and fun! Call Ruth Black at 765-385-2371 for more information.

Instructors: Ruth Black and David Carter

Location: Morton Center-room 101    Ages: 14 or older\*

\*younger children permitted if accompanied by older sibling or parent

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Beginning	Sat	Jan 15-Feb 26	1:00-2:00pm	147101Y	\$21**
Continuing	Sat	Jan 15-Feb 26	2:00-3:00pm	147111Y	\$21**
Beginning	Sat	Mar 5-Apr 30 no class 3/26	1:00-2:00pm	147121Y	\$24**
Continuing	Sat	Mar 5-Apr 30 no class 3/26	2:00-3:00pm	147131Y	\$24**

\*\*Children 16 or under half price if accompanied by a parent.

## Hula Dance

Learn to sway the Hawaiian way! Students will be learning basic form, posture and steps, Hawaiian culture and the history of Hula. All students will also be invited to perform at an end of year group performance. **There will be an additional fee for students who choose to order a practice uniform (not required.)** These classes will be taught by Polynesian Dance Instructor, Laurianne Kapapa. Laurianne specializes in Polynesian Dance with an emphasis in contemporary choreography. Laurianne has been dancing since she was a little girl, growing up in Hawaii. She has danced for the world renowned dancing group, "Nonosina," and been a featured solo performer at the Polynesian Cultural Center. If you would like more information please call the instructor at 765-838-1260 or visit [www.kapapadancestudio.com](http://www.kapapadancestudio.com).

Instructor: Laurianne Kapapa      Location: Morton Center

### Keiki Hula I (Children's Hula I) – Ages 4-5

Session	Day	Dates	Time	Room	Code	Fee
1	Sat	Jan 15-Feb 19	9:00-9:45am	202	144151T	\$55
2	Sat	Feb 26-Apr 16no class 3/19 & 4/2	9:00-9:45am	202	144161Q	\$55

### Keiki Hula II (Children's Hula II) – Ages 6-7

Session	Day	Dates	Time	Room	Code	Fee
1	Sat	Jan 15-Feb 19	9:45-10:20am	202	144181Q	\$55
2	Sat	Feb 26-Apr 16no class 3/19 & 4/2	9:45-10:20am	202	144181R	\$55

### Keiki Hula III (Children's Hula III) – Ages 8-12

Session	Day	Dates	Time	Room	Code	Fee
1	Sat	Jan 15-Feb 19	10:30-11:20am	202	144271T	\$55
2	Sat	Feb 26-Apr 16 no class 3/19 & 4/2	10:30-11:20am	202	144271W	\$55

### Beginning Hula – ages 13 to adult

Session	Day	Dates	Time	Room	Code	Fee
1	Tue	Jan 11-Feb 22	6:30-7:30pm	208	144351F	\$70
2	Tue	Mar 1-Apr 26 no class 3/15 & 29	6:30-7:30pm	208	144351Q	\$70

### Intermediate Hula – ages 13 to adult

Session	Day	Dates	Time	Room	Code	Fee
1	Wed	Jan 12-Feb 23	6:30-7:30pm	101	144361W	\$70
2	Wed	Mar 2-Apr 27no class 3/16 & 30	6:30-7:30pm	101	144371R	\$70

***Mail Your Registration Today!***

***Mail-in registrations accepted by date delivered.***

***It's the fastest way to register for your favorite class.***

***All other types of registration begin Thurs., Jan. 6***

***Some classes may be filled by Jan 6.***

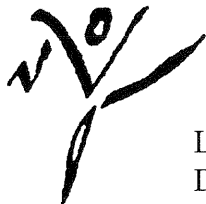
***Need more information? Call us***

***City Hall Office 775-5110 or Morton Center 775-5120***



## *Mor' Danc'n*

Welcome to Mor' Danc'n! Dance classes meet once a week except for Invitational Troupe. Final class placement will be at the discretion of the instructor. All students are expected to participate in recital unless they make prior arrangements with the instructor. There are additional expenses associated with the recital for costumes, tickets for parents & guests, optional photos, videotapes & optional participation in Dad's dance program.



Primary Instructors: LaVerne Mikhail 743-4786 and Joy McEwen-Ambrose 464-0580

Classes may be taught by assistants.

Location: Morton Center, Rooms 208/MPR/204

Dates: Jan 17-April 30 (no class 2/21, week of 3/14-3/19 and 3/28-4/2).

Recital and Dress Rehearsal will be April 30 at Loeb Playhouse, Purdue.

Recital Costume Fee: \$25-\$45 paid the first few weeks of class.)

Multiple Class Discount: A \$10 discount may be taken for each class, if multiple classes taken by same student in classes listed below. To receive the discount, you must register at the same time for the multiple classes and prior to the beginning of class. If registration is done separately or after class starts, the discount is not given.

<u>Class</u>	<u>Age</u>	<u>Day</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>Instructor</u>
Dance Exploration	2¼-3	Mon	3:45-4:30	208	140151P	\$125	Mikhail/Asst
Dance Exploration	2½-3	Sat	9:00-9:30	208	141491E	\$85	Mikhail/Asst
Intro. to Jazz & Ballet I	3-4	Tue	3:45-4:30	208	140261P	\$125	Mikhail/Asst
Intro. to Jazz & Ballet II	3-5	Mon	5:25-6:20	204	140551R	\$125	Mikhail/Asst
<sup>4</sup> Beginning Tap	4-7	Sat	9:30-10:00	204	140371P	\$75	Mikhail/Asst
<sup>1</sup> Tap	4-6	Wed	4:35-5:20	204	140381B	\$125	Mikhail/Asst
<sup>1</sup> Tap – Open Level	7-13	Wed	5:45-6:45	204	140471P	\$125	Mikhail/Asst
Ballet I (new to 1 yr)	4½-6	Wed	4:30-5:30	208	140771R	\$125	Mikhail/Asst
Ballet I & II (1 yr or more)	6-8	Mon	4:30-5:25	208	140651V	\$125	Mikhail/Asst
Ballet II (1 year or more)	6-8	Tue	4:30-5:25	208	140861R	\$125	Mikhail
<sup>2</sup> Ballet III	9-12	Mon	5:30-6:30	208	140951W	\$125	McEwen-Ambrose
<sup>2</sup> Ballet IV	13 or older	Mon	6:30-7:30	208	140952W	\$125	McEwen-Ambrose
<sup>2</sup> Pointe	13 or older	Mon	7:30-8:15	208	140981Z	\$ 65	McEwen-Ambrose
Jazz/Hip Hop I	4-7	Sat	10:00-11:00	204	141151R	\$125	Mikhail/Asst
Jazz/Hip Hop I	5-7	Mon	4:30-5:25	204	141581R	\$125	Mikhail/Asst
Jazz/Hip Hop II	8-11	Mon	4:30-5:25	MPR	141351R	\$125	Mikhail/Asst
Jazz/Hip Hop II	9-13	Wed	4:35-5:30	MPR	141481R	\$125	Mikhail/Asst
Jazz/Hip Hop III	13½ or older	Sat	11:30-12:30	208/MPR	141691G	\$125	Mikhail/Asst
Lyrical Jazz I	8-12	Sat	10:30-11:30	208	141971V	\$125	Mikhail/Asst
Lyrical Jazz II	13½ or older	Wed	5:30-6:30	MPR	141591E	\$125	Mikhail/Asst
<sup>2</sup> Adv-Jazz & Conditioning	10 or older	Thu	5:00-6:00	208	142581P	\$125	McEwen-Ambrose
<sup>3</sup> Invitational Troupe I	11 or older	Tue	5:30-7:00	MPR	141866R	\$150	Y. Mikhail/Asst
<sup>3</sup> Invitational Troupe II	14 or older	Wed	6:30-8:00	MPR/208	141866V	\$200	Y. Mikhail/Asst
		& Sat.	12:30-2	208/MPR			

<sup>1</sup>Tap shoes required.

<sup>2</sup>J. McEwen-Ambrose: Ballet or jazz shoes required. Payment for costume is due on Jan. 31, 2011.

<sup>3</sup>Y. Mikhail directs and choreographs for Invitational Troupe with occasional guest appearances at Morton. Extra rehearsals may be required at regular meeting times week of Jan. 4-15, and at times still to be scheduled week prior to Phoenix recital. There will be an additional expense for costumes.

## Bare Bones Belly Dance

Bare Bones Belly Dance offers exposure to the varied styles of Middle Eastern Dance—popularly known as belly dance – while providing a strong basic belly dance foundation. Classes are offered to anyone 15 or older on beginner, improvement and troupe readiness levels, as well as specialty classes. Performance opportunities are offered through membership in Troupe Oasis, made up of students in Morton’s Bare Bones Belly Dance classes and members of the drum circle, Oasis Drums. Mary Kat Lebo has been involved in Middle Eastern Dance for over 35 years as a semi-professional dancer, troupe member/director and instructor. \*Multiple class discount of \$5 may be taken for additional classes of Mary Kat’s after the full price is paid for the first class. The registration for the classes must be done at the same time to receive the discount. For information on the Bare Bones program, contact Mary Kat at Shuvanibd@aol.com

**Fast Start Beginners** - Breakdown and drilling of isolations and basic movement families with a focus on safe dance technique. Then continue into the Beginner Plus, Fast Start Choreo, or Fast Start Props classes!

**Beginners Plus** - Student who completed the Fast Start beginner class, will drill the basic movements, learn/perfect movement variations, explore aspects of dance such as layering and combinations through the use of specially designed exercises and games.

**Fast Start Choreography** - Use basic isolations and movement families in choreographies designed for the beginning dancer. Students increase their knowledge of how to use the basics while learning fun and exciting dance routines, which can be performed with the student troupe, Troupe Oasis.

**Session 1 – Didi** – A mainstay piece of Troupe Oasis, we will learn the song to recorded music, but always perform it to the live drumming of our own Oasis Drums. A simple balady style combining simple movement with multiple formation changes.

**Session 2 – Egyptian Classical Belly Dance.** Danza del Ventre by the Barcelona Ballroom Orchestra. Fun music; fun choreography. This short piece displays the quick rhythm and mood changes of classical orchestrated Egyptian music.

**Fast Start Props** - Use the basic isolations and movement families in choreographies designed for the beginning dancer. Increase your knowledge of how to use the basics while learning fun and exciting dance routines, which can be performed with the student troupe, Troupe Oasis. Choreographies will feature use of popular belly dance props such as cane, veil, or finger cymbals.

**Session 1 – Veil** - A languid veil routine to a wonderful piece of music. Dancers need a simple veil. A transparent chiffon or chiffon like material, approximately 3 yds. long, 36-45 in. wide is recommended.

**Session 2 – Raks Assaya** – A folk style dance from the Said region of Egypt. Raks means dance; Assaya means stick or cane. This routine, which we call Mij Wiz, uses a small, decorated stick and is performed by Troupe Oasis to the live drumming of Oasis Drums. Practice sticks available for use in the classroom. Kat will explain how to make your own for practicing at home.

Instructor: Mary Kat Lebo      Location: Morton Center - room 204

<u>Class</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Fast Start Beg.	Mon	Jan 17-Feb 14	6:45-8:15pm	148111D	*\$45
Beginners Plus	Mon	Jan 17-Feb 14	8:15-9:45pm	148121Z	*\$45
Fast Start Chor.	Tue	Jan 18-Feb 15	6:45-8:15pm	148172Y	*\$45
Fast Start Props	Tue	Jan 18-Feb 15	8:15-9:45pm	148181A	*\$45
Fast Start Beg.	Mon	Feb 28-Apr 11 no class 3/14 & 4/4	6:45-8:15pm	148111Y	*\$45
Beginners Plus	Mon	Feb 28-Apr 11 no class 3/14 & 4/4	8:15-9:45pm	148171Y	*\$45
Fast Start Chor.	Tue	Mar 1-Apr 5 no class 3/15	6:45-8:15pm	148173Y	*\$45
Fast Start Props	Tue	Mar 1-Apr 5 no class 3/15	8:15-9:45pm	148191B	*\$45

*\*Multiple class discount of \$5 may be taken for additional classes of Mary Kat’s after the full price is paid for the first class. The registration for the classes must be done at the same time to receive the discount.*

## More Bare Bones Belly Dance Classes

**Improver Class** - For intermediate to advanced level students who are interested in learning more about the various aspects of Middle Eastern Dance. Sample different styles or be introduced to a single style, or learn dance-concepts such as forming and using step combinations or the secrets of performing.

**Session 1: Oasis Combos** – Troupe Oasis often performs to the live drumming of our own Oasis Drums. One way we've made dancing as a group to live music easier is to develop a group of combinations that are used in on-the-spot improvised choreography as well as in our fully choreographed routines to recorded music. We'll learn 3 combinations a night for the first 4 nights – and students will be encouraged to create their own combo to present on the 5<sup>th</sup> night.

**Session 2: Ayoub** - A lively 2/4 rhythm popular in Middle Eastern Dance. A fun piece of music which we use during this session. The routine students will learn is choreographed in the Lebanese nightclub style.

**Troupe Readiness** - For an advanced level student who is interested in performing with the student troupe, Troupe Oasis, and in improving technique as both dancer and performer. Learn intricate choreographies for use by Troupe Oasis and to improve your ability to perform effectively not only as part of a troupe but also as an individual dancer.

**Session 1: Combos** – Having a wide variety of step and movement combinations is the best tool any dancer can obtain. Students this session will learn two new combinations and create one combination in class each night.

**Session 2: Zaina** – We'll revive a classical Egyptian style, includes limited use of a standard oblong, veil.

Instructor: Mary Kat Lebo

Location: Morton Center -room 204

<u>Class</u>	<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Improver Class	Jan 19-Feb 16	Wed	7:00-8:30pm	148192B	*\$45
Troupe Readiness	Jan 27-Feb 24	Thu	7:00-8:30pm	148197Z	*\$45
Improver Class	Mar 2-Apr 6 no class 3/16	Wed	7:00-8:30pm	148196C	*\$45
Troupe Readiness	Mar 10-Apr 14 no class 3/17	Thu	7:00-8:30pm	148211Z	*\$45

*\*Multiple class discount of \$5 may be taken for additional classes of Mary Kat's after the full price is paid for the first class. The registration for the classes must be done at the same time to receive the discount.*

### ***STAY ON OUR MAILING LIST!***

*If you register for a class from this Winter/Spring brochure you will automatically be added to our mailing list.*

*We purge our list annually. If you wish to stay on our mailing list but aren't registering for a class just let us know.*

*Call us at our City Hall office 775-5110 or Morton Center 775-5120, or email us at [wlparks@city.west-lafayette.in.us](mailto:wlparks@city.west-lafayette.in.us)*

# CRAFTS and SPECIAL INTERESTS

## Beginning Calligraphy

Rebecca Brody, an artist and sign-painter with over 25 years experience teaching lettering, will introduce basic western calligraphy by pen and brush in the Italic hand (a flourished script). Materials provided for the first class; a list of required equipment will be provided at that time (approx. \$15). The first three classes are critical to learn the basic skill; the next five classes cover layout, tools, materials, several finished projects including envelopes, invitations. Website: [www.rebeccabrody.com](http://www.rebeccabrody.com) Email her at [rbrodyart@gmail.com](mailto:rbrodyart@gmail.com).

Instructor: Rebecca Brody

Location: Morton Center - room 205 Grades: 3<sup>rd</sup> Grade to Adult

<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Thu	Feb 10-Apr 7 no class 3/17	7:00-9:00pm	114571X	\$100

## Basket Weaving

Come and relax and go home with a finished basket. All baskets can be done by beginners. Bring an old towel to class and wear old clothes. The dye can sometimes rub off. The supply fee will cover all needed materials. Call Bev at 474-6004 for more information.

**Large Tote Basket** – This tote will carry most anything you want to carry. Approximate size 16" x 7" x 12" with soft cotton webbing straps. Can be woven plain or in color.

**Napkin Baskets** – Weave a simple napkin basket for your kitchen. You will have materials for both a 5 inch cocktail size and a 7 inch size. If you have a favorite napkin you like, please bring it with you, and we will make the basket to fit your napkins.

**Kitchen Waste Basket** – Weave a waste basket for your kitchen or any other room in your house. Multiple size choice will be available so you can choose the right size for your kitchen (or bath or den).

**Small Over the Shoulder Tote Basket** – Weave a small purse or tote...approximate size 3" wide by 7" long x 7 inches. Will have adjustable straps.

**Small Picnic Basket** – Get ready for a spring picnic with this smaller version of a picnic basket...perfect for a picnic for two.

**Recycled Bird House** – Thinking outside the box, you will weave a birdhouse using very nontraditional weaving materials from recycled "stuff".

**Luck of the Draw** – This is the class where I bring left over kits and you get to choose from what I have. May be something I have offered before and may be something new. SURPRISE!

Instructor: Bev Larson

Location: Morton Center-room 111 Ages: 18 or older

<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Basket</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply fee</u>
1	Jan 22	Sat	9:00am-3:00pm	Large Tote Basket	117310A	\$20	\$20
2	Feb 3	Thu	6:00-9:30pm	Napkin Baskets	117310B	\$15	\$10
3	Feb 26	Sat	9:00am-3:00pm	Kitchen Waste Basket	117310C	\$20	\$20
4	Mar 10	Thu	6:00-9:30pm	Over the Shoulder Tote	117310D	\$15	\$12
5	Mar 26	Sat	9:00am-3:00pm	Small Picnic Basket	117310E	\$20	\$20
6	Apr 7	Thu	6:00-9:30pm	Recycled Bird House	117310F	\$15	\$10
7	Apr 30	Sat	9:00am-3:00pm	Luck of the Draw	117310G	\$20	\$20

*\*Supply fee paid to instructor at first class.*

## Machine Embroidery Circle

Great project classes for those of you with home embroidery machines! Classes are 9:00-Noon, have a supply list, and require advance preparation. Fee is \$25 each. Although the step-by-step instructions are written specifically for the Pfaff 7570, all makes and models of embroidery machines are welcome, as the projects themselves are by no-means machine specific! Call Sally at 742-4193 for more information.

**Four-Pocket Drawstring Bag**—One of Sally's favorite bags! You will have your choice of three sizes for class, where you will also learn how to make the bag any size you want!

**Loose Change**—This in-the-hoop coin purse is also the right size to hold credit cards, membership cards, etc. Purchase of a design of your choice from Embroidery Library ([www.emblibrary.com](http://www.emblibrary.com)) is required.

**Achoo!**—This cute pocket holds tissues. Make one for yourself and make many for your friends.

**Easter Lace**—The free-standing lace piece you make in class can be an Easter egg holder or napkin ring. Purchase of a design of your choice from Embroidery Library ([www.emblibrary.com](http://www.emblibrary.com)) is required.

Instructor: Sally Carter

Location: Morton Center, room 211    Ages: 18 or older

<u>Session</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Class Name</u>	<u>Code</u>	<u>Fee</u>
1	Jan 15	Sat	9:00am-Noon	Four-Pocket Drawstring Bag	115711X	\$25
2	Feb 19	Sat	9:00am-Noon	Loose Change	115771X	\$25
3	Mar 19	Sat	9:00am-Noon	Achoo!	115772X	\$25
4	Apr 16	Sat	9:00am-Noon	Easter Lace	115781X	\$25

## Spanish

HOLA! Would you like to learn some Spanish, the fastest growing foreign language in USA? Then, come and discover a new and rewarding world. You will learn, along with the basics of a new language, more about Hispanic culture and its geography. HASTA PRONTO! For more information, please e-mail Lucia at [Luci.alvarez@hotmail.com](mailto:Luci.alvarez@hotmail.com).

Instructor: Lucia Alvarez

Location: Morton Center -room 202    Ages: 16 or older

<u>Class</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Beg. Spanish	Tue	Feb 1-Mar 8	5:30-6:30pm	111251A	\$90
Inter. Spanish	Thu	Feb 3-Mar 10	5:30-6:30pm	111351Y	\$90
Beg. Spanish	Tue	Mar 22-Apr 26	5:30-6:30pm	111251B	\$90
Inter. Spanish	Thu	Mar 24-Apr 28	5:30-6:30pm	111351Z	\$90

## — You Are Powerful! Empower Your Thinking, Transform Your Life —

You may have heard that we “create our own reality.” How do our thoughts, attitudes, and feelings really affect what happens in our lives? How can you feel more powerful in your own life? This self-empowerment workshop is based on the teachings of New York Times bestselling authors Jerry and Esther Hicks and Louise Hay. We will focus on developing thoughts and attitudes that are beneficial to us and are in alignment with creating the lives we want. This workshop is practical, and you will learn different techniques each week. Please call the instructor, Graehme Hall, at 446-7134 if you have any questions. The two sessions are identical; sign up for the one that best fits your schedule.

Instructor: K. Graehme Hall

Location: Morton Center, room 211    Ages: 18 or older

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Thu	Feb 3-24	6:45-8:00pm	112131A	\$25
2	Thu	Mar 3-31 no class 3/17	6:45-8:00pm	112131L	\$25

# ADULT ART

## Watercolor Workshops

Begin or continue your study of using watercolors in one of the classes listed below. Please pick up a supply list when registering or pay the instructor \$5 for the instructor to provide supplies for the workshop. Call the instructor, Rena, at 765-589-3115 or e-mail her at [Rena@RenaBrouwer.com](mailto:Rena@RenaBrouwer.com) for more information or if you plan to purchase your supplies from the instructor.

Instructor: Rena Brouwer

Location: Morton Center- room 205    Ages: 16 & older

**Watercolor Workshop** – Creative watercolor techniques - teacher demonstration followed by student painting. Small studies of specific approaches of how to paint rocks, trees, other elements of nature using backruns and brush techniques.

**Painting Florals** – Design, color, and approach to painting a floral.

**Painting Animals** – Techniques for painting an animal. Students may bring a photo to work from.

<u>Class</u>	<u>Day</u>	<u>Date</u>	<u>Reg. Deadline</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Watercolor Workshop	Sat	Jan 22	Jan 21	9:00am-3:00pm	120276Q	\$60
Painting Florals	Sat	Feb 12	Feb 11	9:00am-3:00pm	120277Q	\$60
Painting Animals	Sat	Mar 5	Mar 4	9:00am-3:00pm	120311A	\$60

## Painting in Oil

Students in this class will learn the fundamentals of painting in oil that have been handed down from 600 years of dedicated artists. You will be instructed, based on your skill level, on painting from a limited palette of colors and work your way to a full palette. This course will concentrate on composition, structure, design and value while handling the medium of oil. Please bring a photo or work from a still life on site. Supply list available at Morton. Call Chris Kuchta for more information at 586-2465.

Instructor: Chris Kuchta

Location: Morton Center-room 105    Ages: 13 or older

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Tues	Jan 11-Feb 1	6:30-8:30pm	122011Z	\$65
2	Tues	Feb 8-Mar 1	6:30-8:30pm	122012W	\$65
3	Tues	Mar 8-29	6:30-8:30pm	122013W	\$65
4	Tues	Apr 5-26	6:30-8:30pm	122014W	\$65

"It's the leisure hours, happily used,  
that have opened up a new world to many a person."

**Parks & Recreation,  
Discover the Benefits...**

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## **Charles Bague Drawing & Old Masters Study**

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This course includes a comprehensive drawing study that is time tested and a proven method of understanding value, contrast, and form and a serious study in the life-drawing and compositional skills involved in old masters' drawings and paintings. The Charles Bague Drawing method was invented in the 1870's as a way to teach students in the French academy. Students in this class will be making exhaustive studies of lithographs made from some of the world's greatest paintings and sculptures and copying them in order to gain a greater understanding of drawing and shading techniques, anatomy, movement and composition. Please pick up a supply list before the class begins at Morton. Call Chris Kuchta for more information at 586-2465.

Instructor: Chris Kuchta

Location: Morton Center -room 105    Ages: 13 or older

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Tues	Jan 11-Feb 1	5:30-6:30pm	122021Z	\$60
2	Tues	Feb 8-Mar 1	5:30-6:30pm	122022R	\$60
3	Tues	Mar 8-29	5:30-6:30pm	122023R	\$60
4	Tues	Apr 5-26	5:30-6:30pm	122024R	\$60

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## **Portraiture, Still Life and Landscape Painting with Pastels or Acrylic Paint**

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Learn the secrets of creating luminous artwork using soft & hard pastels and or acrylic paint as a painting medium. Choose your favorite subjects and bring your best photos, or paint directly from a still life. Composition, focal point, value, color, mass and line will be explored, including essentials necessary to build a successful painting. Techniques in making an under-painting or "toned ground", and differences in pastel painting surfaces will be shown. Discover how to take an average painting to the next level. We'll even talk about framing. Come ready to paint, observe demos, and have lots of one-on-one attention at your easel. Instruction is adapted to the needs and goals of each artist in a comfortable atmosphere encouraging experimentation. Prepare to have fun. Please pick up supply list when registering. Call Chris Kuchta for more information at 586-2465.

Instructor: Chris Kuchta

Location: Morton Center -room 105    Ages: 13 or older

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Mon	Jan 10-31	7:00-9:00pm	121421A	\$65
2	Mon	Feb 7-Mar 7 no class 2/21	7:00-9:00pm	121421J	\$65
3	Mon	Mar 14-Apr 4	7:00-9:00pm	121431A	\$65
4	Mon	Apr 11-May 9 no class 5/2	7:00-9:00pm	121431J	\$65

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## **Photo Shop for Beginners**

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Whether or not it is learning how to improve your photos or create works of art, let Chris teach you how to manipulate photos and graphics in photo shop. If you want to learn to manipulate photos, please bring your own images. The small class size will enable the instructor to tailor this class to meet your individual needs. Call Chris Kuchta for more information at 586-2465.

Instructor: Chris Kuchta

Location: Morton Center -room 105    Ages: 13 or older

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
1	Mon	Jan 10-31	6:00-7:00pm	122031Z	\$85
2	Mon	Feb 7-Mar 7 no class 2/21	6:00-7:00pm	122032W	\$85
3	Mon	Mar 14-Apr 4	6:00-7:00pm	122033W	\$85
4	Mon	Apr 11-May 9 no class 5/2	6:00-7:00pm	122034W	\$85

## Take Better Photographs

For photographers of any level, learn how to use your camera to make consistently good photographs. This course helps students explore how to design a photograph, utilizing common composition techniques. Learn how to work with the elements in a picture and principles such as the rule of thirds and framing, to capture the pictures you have visualized. In the second session, students will bring prints of their work to class for feedback. Bring your camera and camera manual to the first class. For more information, contact Glenn Chang at 765-447-2462.

Instructor: Glenn Chang      Location: Morton Center-room 211

<u>Ages</u>	<u>Day/Dates for Class</u>	<u>Times</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
18 & older	Wed, Feb. 2 - 9	6:30-8:30 pm	112181W	\$40	\$ 3

*\*Supply fee paid to instructor at first class*

## Working With Your Digital Camera

Students learn how to find and use all of the options and programs on their digital cameras, and how to use them to take better pictures. We will also discuss compositional techniques to improve your photographs. The instructor works with each student to learn how to access the different parts of their camera's menu, and how to work with focusing, different program modes, zoom settings, resolution, compression, color, saturation, contrast, flash, and other camera capabilities. The second session, students will bring prints of their work for feedback. Students should already have a digital camera and should read the camera manual prior to the first class. You must be able to print pictures from your cameras for the feedback session. Class is limited to 12 students to allow for individual attention. For more information, please contact Glenn at 765-447-2462.

Instructor: Glenn Chang      Location: Morton Center-room 211

<u>Day/Dates for Class</u>		<u>Times</u>			
Thurs, Jan 20		6:30-9:00 pm			
Thurs, Jan 27		6:30-8:30 pm			
<u>Ages</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>		
18 & older	112191W	\$45	\$ 3		

*\*Supply fee paid to instructor at first class*

## Decorative Painting

**Hungarian Rooster** - We'll paint a Hungarian style rooster. The design has bold, rich color that embodies the Hungarian heritage. Suggested surfaces are plates, bowls, and breadboards. Bring painting surface to first class. Painting experience required. Supply fee includes artist quality paint and mediums, detailed instructions and color worksheet. Contact the instructor for information at 765-463-2548.

Instructor: Candace Larson      Location: Morton Center- room 205

<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Registration Deadline</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
16 & older	Wed	Jan 26-Feb 16	Jan 24	6:30-8:30pm	120211W	\$55	\$7

*\*Supply fee paid to instructor at first class*

**Rose Workshop** - We will study the sweetheart rose which is inspired and refined from Swedish roses and Bad Tolz rose. Students select design elements that include roses, doves or angels. This will be a fun class that you won't want to miss. Painting experience required. Bring painting surface to the first class. Supply fee includes artist quality paint and mediums, detailed instructions, and color worksheet. For more information call Candace at 765-463-2548.

Instructor: Candace Larson      Location: Morton Center - room 205

<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Registration Deadline</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
16 & older	Wed	Mar 16-Apr 13	Mar 14	6:30-8:30pm	120221J	\$70	\$7

*\*Supply fee paid to instructor at first class*

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## Pottery for Beginner and Advanced Students

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Beginners will cover; wheel throwing, hand-building, design, and simple glaze techniques. Intermediate and advanced students will continue their work with emphasis placed on individual techniques and skill levels. Students will receive individualized instruction and be challenged on special projects. Lab-time practice is encouraged. To register, call Morton at 775-5120. For more information, call Gail at 418-0454.

Instructor: Gail Johnston

Location: Morton Center - room 201

Supply Fee: \$25 for 25 lbs. of clay and \$15 for tool kit paid to instructor at first class

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
16& older	Mon	Jan 24 – Apr 18 no class 2/21 & 3/14	6:30-8:30pm	125251A	\$180
16 & older	Tue	Jan 25 - Apr 19 no class 2/22 & 3/15	9:30-11:30am	125251Y	\$180

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## Advanced Pottery

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This class is designed for continuing students who want to be challenged in various areas of working with clay. Demonstrations may include; intricate glazing with air-brush and masking techniques, raku firing, metallic application, slip work with trailing, marbling or stenciling, and complex throwing. Students will work at their own pace with plenty of individual instruction. Lab-time practice is encouraged. To register call Morton at 775-5120. For more information, call Gail at 418-0454.

Instructor: Gail Johnston

Location: Morton Center - room 201

Supply Fee: \$25 for 25 lbs. of clay to be paid to instructor at first class

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
16 & older	Tue	Jan 25 - Apr 19 no class 2/22 & 3/15	6:30-8:30pm	125151A	\$180

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## Pottery – All Levels

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Beginning students will learn basic pottery techniques, including hand building, wheel throwing, glazing and decorative techniques. Intermediate and advanced students will have the opportunity to develop individual expression and have challenging projects to extend their ceramic skills. Please e-mail Virginia at [vrussell@ceris.purdue.edu](mailto:vrussell@ceris.purdue.edu) if you have questions.

Instructor: Virginia Russell

Location: Morton Center -room 201

Supply Fee: \$25 per 25 lbs. of clay and \$15 for tool kit for beginners to be paid to instructor

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
18 & older	Thu	Jan 27-Apr 21 no class 2/24 & 3/17	6:30-8:30pm	124061Z	\$180

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## Advanced Pottery

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This class is for those who have had at least two pottery classes at Morton or by permission of the instructor. Students will be encouraged to pursue individual projects and develop their own unique style. Construction and decorative techniques will be introduced. E-mail Virginia at [vrussell@ceris.purdue.edu](mailto:vrussell@ceris.purdue.edu) if you have questions.

Instructor: Virginia Russell

Location: Morton Center -room 201

Supply Fee: \$25 per 25 lbs. of clay to be paid to instructor

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
18 & older	Thu	Jan 27-Apr 21 no class 2/24 & 3/17	10:00am-Noon	124171Z	\$180

# Fun for Kids and Teens

## Kids Hand Building Class with Gail

This class is designed to introduce children to clay. The students will work with the slab roller and coil extruder. Decorating their work with simple glaze designs will be done on the 5<sup>th</sup> class. On the last class day students can pack up their finished treasures. Register early! Classes fill quickly. We all have a lot of fun so wear old clothes and get ready to play in the mud. Call Gail at 418-0454 for class information and Morton 775-5120 to sign up for the class.

Instructor: Gail Johnston

Location: Morton Center -room 201

Session	Ages	Day	Dates	Time	Code	Fee	*Supply Fee
1	6-10	Wed	Jan 19-Mar 2 no class 2/9	4:00-5:00	125577Q	\$85	\$25
2	6-10	Wed	Mar 23-May 4 no class 4/13	4:00-5:00	125577R	\$85	\$25

*\*Supply fee to be paid at the beginning of the first class to the instructor.*

## Kids Pottery with Gail

Beginning and intermediate students work at their own pace on the wheel. Each student will have a wheel to work on and a chance to work on a hand built project. Students will glaze their artwork during the 5<sup>th</sup> class. Finished pieces may be picked up during the last (6<sup>th</sup>) class. Register early! Classes fill quickly. We all have a lot of fun so wear old clothes and get ready to play in the mud. Call Gail at 418-0454 for class information and Morton 775-5120 to sign up for the class.

Instructor: Gail Johnston

Location: Morton Center - room 201

Session	Ages	Day	Dates	Time	Code	Fee	*Supply Fee
1	9-17	Wed	Jan 19-Mar 2 no class 2/9	5:10-6:20	125571Q	\$85	\$25
2	9-17	Wed	Mar 23-May 4 no class 4/13	5:10-6:20	125571T	\$85	\$25

*\*Supply fee to be paid at the beginning of the first class to the instructor.*

## Cartooning, Comics, and Anime

Do you like comics and cartoons? Do you enjoy Japanese animation such as Yu-gi-oh, Pokemann, and Dragonball-Z? Do you want to know how the professional comic book artists work? Students will learn some of the things they need to know to draw some of their favorite characters and will be given the opportunity to practice Japanese animation. Students will also learn how professional comic book artists work. Using the same tools and techniques, students will learn story flow, composition, page design and layout, as well as spending time honing their drawing skills. Supply list available at Morton. Call Chris for more information at 586-2465.

Instructor: Chris Kuchta

Location: Morton Center -room 105

Ages: 7-adult

Session	Day	Dates	Time	Code	Fee
1	Mon	Jan 10-31	5:00-6:00 pm	112211A	\$60
2	Mon	Feb 7-Mar 7 no class 2/21	5:00-6:00 pm	112221A	\$60
3	Mon	Mar 14-Apr 4	5:00-6:00 pm	112231A	\$60
4	Mon	Apr 11-May 9 no class 5/2	5:00-6:00 pm	112391A	\$60

## Shotokan Traditional Karate

Shotokan Karate is one of the most popular styles of Karate in the world. Shotokan Karate combines traditional Okinawa techniques with scientific understanding. Karate is a great exercise, it increases strength and flexibility and helps promote self-confidence as well as self-discipline. Shotokan Karate is beneficial for all ages, from kids to adults. Students should wear loose comfortable clothing, no jewelry or shoes allowed.

Call Marc at 463-1102 for more information.

Instructor: Dr. Marc Rogers

Location: Morton Center 206 & 208

Days/Time: Mondays- 4:30-5:30 AND Fridays 4:30-6:30 pm

<u>Ages</u>	<u>Dates</u>	<u>Code</u>	<u>Fee</u>
10 or older	Jan 10-April 29 no class 2/21, 3/14, 3/18 & 4/22	152771R	\$100

## Nutrition Classes for Children

Shraddha Chaubey is a Registered Dietitian/Nutritionist that will be teaching one hour interactive nutrition classes for children. For more information contact Shraddha at [schaubey@nutriledge.com](mailto:schaubey@nutriledge.com) or call 491-6700.

**Healthy Weight for Lifelong Health** – Plot your own weight for your age on the Center for Disease Control and Prevention growth chart and see where you stand compared to the rest of the children your age. Health complications of being over weight and how you can prevent it now to enjoy lifelong health will be discussed.

**Nutrition for Kids to Accomplish Lifelong Health and Wellness** – Go inside the food pyramid and learn about food groups and their significance to health in a fun and easy to remember way. Learn how the inclusion of different food groups in daily diet from the food pyramid along with physical activity can make a huge difference in your physical and mental health and wellness. Parents are encouraged to attend the class with kids (no separate registration required for parents.)

**Fantastic Functional Foods for Fabulous Kids** – Learn about various functional foods marketed to kids and their physiological roles in disease prevention to improve health and wellness. The difference between conventional functional foods and commercialized functional foods will be clarified and how safe dietary use of these special foods can prevent children from common diseases like obesity, diabetes, heart disease, etc. will promote health and wellness. Parents are encouraged to attend the class with kids (no separate registration required for parents.)

**Fantastic Fibers for Fabulous Kids** – Learn how different dietary fibers and their physiological roles in disease prevention improve kids' health and wellness. The difference between soluble and insoluble fibers, their food sources and necessity of including dietary fiber in kid's diet for lifelong health and wellness will be discussed. Parents are encouraged to attend the class with kids (no separate registration required for parents.)

Instructor: Shraddha Chaubey

Location: Morton Center -room 211      Ages: 5-15

<u>Class</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply. Fee</u>
Healthy Weight	Sat	Jan 29	3:00-4:00pm	154051A	\$15	\$3
Nutrition for Kids	Sat	Feb 26	3:00-4:00pm	154051B	\$15	\$3
Fantastic Functional Foods	Sat	Mar 26	3:00-4:00pm	154051Y	\$15	\$3
Fantastic Fibers	Sat	Apr 30	3:00-4:00pm	154051Z	\$15	\$3

\*Supply fee paid to instructor at first class.

## Kidz Art

We can teach anyone to draw. If you can dream, you can draw! Get exposed to a variety of artistic styles, cultural interpretations, and mediums. No art experience necessary. All sessions offer unique projects with all quality art supplies included. If you have any questions about the KidzArt programs, call Tamara at 317-625-2973.

Instructor: KidzArt Staff

Location: Morton Center - room 111

### **KidzArt Discover – Fun with Colors, Shapes, Music and Movement - Ages 3-5**

Much of this program centers on teaching our preschoolers to focus and to see how their world is put together. They will recognize lines and shapes as they are put together to create a whole. This class uses music and movement to connect the students to their world around them. Discover offers praise, support and direction. Each session has all new projects and all art supplies included.

**KidzArt Connect – Ages 4-6** Great for half day kindergarten students! Build confidence, increase problem-solving and focusing skills with KidzArt Connect! Students learn to connect the world around them using lines and shapes while thinking about the choices they make. This is a time where students learn to make choices for a reason with their artwork. Music is incorporated in the program which helps the creativity flow. We experiment with prismacolor marker, charcoal, oil & chalk pastel, watercolor & more

**KidzArt Imagine – Grades 1-3** Through our interactive format, students learn how to use their own creativity to access the power of their imagination. Mistakes are minimized with learned strategies while using problem-solving skills. Students build confidence and increase focusing skills through our original class format. Brainstorming methods take place in every class to make this a creative-based drawing program. Music is incorporated into our program which helps the creativity flow. Our projects include a variety of people, places, and things while exposing students to many different artists and cultures. We experiment with charcoal, prismacolor marker, oil & chalk pastel, watercolor, sculpture, printmaking & more throughout the semester.

### **Day/Dates: Wednesdays - Feb 2 – Mar 9**

<u>Class</u>	<u>Ages/Grades</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
KidzArt Discover	Ages 3-5	12:00-12:45 pm	125911N	\$55	\$15
KidzArt Connect	Ages 4-6	1:00-2:00pm	125912W	\$55	\$35**
KidzArt Imagine	Grades 1-3	4:30-5:30 pm	125921N	\$55	\$35**

\*\* Projects will include two 3D projects such as sculpey & Valentine's gift box and exposure to at least 3 different mediums.

### **Days/Dates: Wednesdays - Mar 23 – Apr 27**

<u>Class</u>	<u>Ages/Grades</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
KidzArt Discover	Ages 3-5	12:00-12:45 pm	125922W	\$55	\$15
KidzArt Connect	Ages 4-6	1:00-2:00 pm	125931N	\$55	\$35**
KidzArt Imagine	Grades 1-3	4:30-5:30 pm	125932N	\$55	\$35**

\*\* All different projects from first session. Projects will include two 3D projects and exposure to at least 3 different mediums including watercolor.

\* Supply fee paid to instructor at first class.

**Register Early by Mail NOW!**  
**All other forms of registration begin Thurs., Jan. 6**  
**Make sure you get the class you want.**  
**Mail your registration today!**

## Spring Break Workshops

Instructor: KidzArt Staff

Location: Morton Center - room 111      Ages: 6-12

**Caribbean Adventure I:** Come & make your passport to go on a Caribbean adventure. For our 3 hour tour we will do an ocean theme drawing, make functional art by designing a wood tag, and sculpt a treasure chest lock with sculpey clay.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
Wed	Mar 16	9:00am-Noon	126011Q	\$25	\$10

**Caribbean Adventure II:** This is for the first time adventurer and the students who want to join us again to get another stamp on their passport. For the second 3 hour tour we will create a different Caribbean theme drawing, make a pirate bandana, and create art from the sun.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
Fri	Mar 18	9:00am-Noon	126011T	\$25	\$10

\* Supply fee paid to instructor at first class.

## Morton Center Youth Classes and Scout Workshops

Individuals and youth/scout groups may attend these workshops on the dates listed or leaders may pick their own date to schedule at a time that is convenient. Supply fee will be paid to teacher on day of class. For questions or to schedule different date, call Michele at 765-807-5006 or e-mail [michele.landskron@comcast.net](mailto:michele.landskron@comcast.net). Any youth group needs to have one adult for every 6 students to stay and assist with the workshop. Individual students are not required to have an adult stay.

Instructor: Michele Landskron      Location: Morton Center

\* Supply fee paid to instructor at first class.

**Mother's Day Gift Giving Class** – Give Mom a break from her little ones while they make something special to give her and Grandma for Mother's Day. Ages 4-7 and Grades 1-2 will paint sun catchers, make a special pin, stamp a card, and make something special for Mom's bath time to give as gifts. If time remains, we will play games the rest of the class. Grades 3-8 will make wind chimes, birdhouses, cards, and pins to give as special Mother's Day gifts for Mom or Grandma.

<u>Ages/Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis. Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
Ages 4-7	Fri	Apr 29	Apr 15	1:00-3:00 pm	101	112151A	\$6	\$6
Gr. K-3	Fri	Apr 29	Apr 15	4:45-6:45 pm	101	112151B	\$6	\$6

\*or Daisy Girl Scouts or Tiger and Wolf Cub Scouts

Gr. 3-8	Sat	Apr 30	Apr 21	9:00-11:30 am	101	112151C	\$7	\$7
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**Manners Tea Party** (Try-It or Participation Patch Included) - Come dressed up to our fancy party. Students will learn about good manners and how to show respect for others through this hands on workshop. First, we will use role playing to cover telephone manners, meeting people, and good table manners. Students will decorate a lovely napkin to use for our party. Then we will have a tea (lemonade) and cookie fancy party. After completing this workshop, Brownies will have earned the Manners Try-It. This workshop will offer supporting activities for magenta and purple petals. This workshop can also be used as a bridging activity for Daisy and Brownie Girl Scouts. This is also a wonderful workshop for other groups such as American Heritage Girls or Mom's Club groups.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis. Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
K-3	Sat	Feb 5	Jan 25	1:00-3:30pm	106	112151D	\$6	\$5
K-3	Sat	Apr 30	Apr 21	12:30-3:00pm	106	112151E	\$6	\$5

## More Youth Classes and Scout Workshops

**People of the World** (Try-It Included)—Become an explorer of the world. You don't have to fly on a plane to learn about the world's people. Go on a language hunt, play an international game, and learn about flags from different countries. Participate in a role playing activity about being prejudice. This workshop will complete the requirements for the People of the World Brownie try-it. Feel free to sign up for back to back workshops. Teacher will give restroom and snack break between classes.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis.Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
2-3	Sat	Jan 22	Jan 14	8:15-10:15am	101	112151F	\$6	\$2
2-3	Sat	Apr 16	Apr 6	1:00-3:00pm	111	112151G	\$6	\$2

**Playing Around the World** (Try-It Included)—Play games that have originated from around the world. This workshop will complete the requirements for the Playing Around the World try-it. This try-it is high action and requires students to play lots of games. Each student should bring a water bottle. This is a great workshop to pair with another and earn both try-its in one field trip. All you need to do is call our instructor and schedule a private class.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis.Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
2-3	Sat	Jan 22	Jan 14	10:45am-12:15pm	200	112151H	\$6	\$1
2-3	Fri	Apr 15	Apr 6	4:30-6:00pm	MPR	112151J	\$6	\$1

**Numbers and Shapes** (Try-It Included)—Bet you never thought math could include games, magic tricks, and puzzles. In this workshop, you will learn how to do magic tricks, fold an origami animal, and create your very own puzzle. Take a short nature walk around our grounds in search of shapes in nature.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis.Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
2-3	Sat	Mar 5	Feb 23	8:15-10:15am	101	112151K	\$6	\$2.50

**Friends Are Fun** (Try-It Included)—Come make some new Brownie friends by scheduling this workshop with another Brownie troop. Make a friendship bracelet and exchange it with another girl in the workshop, stamp some colorful paper and envelopes for writing letters to your friends and learn how to create secret codes. Bring your home address and get some new pen pals! End the workshop with a friendship song and friendship circle.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis.Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
2-3	Sat	Mar 5	Jan 14	10:30am-12:30pm	101	112151L	\$6	\$2.50

**Stress Less Badge Workshop** (Includes Badge) It seems like the older you get, the more stressful life seems. Come learn how to de-stress yourself and your life in this fun workshop. We will create a Personal Stress Kit with items that will help you to slow down when life seems to be getting the best of you. Explore several ways to reduce current stresses or prevent future ones from mounting. We will cover relaxation techniques, time management, and outlets for stress management. We will also work on a service project to help others.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis.Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
4-5	Fri	Jan 21	Jan 14	4:30-6:45pm	101	112151M	\$6	\$4
4-5	Fri	Mar 11	Mar 4	6:30-9:00pm	101	112151N	\$6	\$4

\* Supply fee paid to instructor at first class.

**Puzzlers** (Includes Badge)-Puzzled?? You should be at this workshop! Play several logic games including Nim and Pebble Race. Design your own maze, try out some optical illusions and tricks. Complete this workshop and you will be able to earn your Puzzlers badge. Take home games and your maze to try out on your family.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis. Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
4-5	Fri	Jan 21	Jan 14	6:45-9:00pm	101	112151P	\$6	\$2
4-5	Fri	Apr 15	Apr 6	6:30-9:00pm	101	112151Q	\$6	\$2

**Creative Solutions** (Includes Badge) -Like to solve problems? This workshop is for you! This hands-on workshop will have you using your brain for all kinds of activities including: inviting a new use for an ordinary item, solving a visual puzzle and then making it into art, solving a survival scenario, and inventing your own coded language. You will also learn about historical women who solved problems in their time and discuss what strategies one can use for problem solving in your future.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis. Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
4-5	Fri	Feb 4	Jan 25	6:30-9:00pm	101	112151R	\$6	\$2

**Model Citizen** (Includes Badge) -You can make the world a better place by being a good citizen. What does that mean? This is a perfect way for you to find out! Learn flag care and participate in a flag ceremony. Discuss your rights and responsibilities as a U.S. citizen. Find out how to change laws through peaceful protest and more. Take home folders you will make to organize your family's important documents. After attending this workshop, you will have completed requirements needed to earn the Model Citizen badge.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis. Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
4-5	Sat	Feb 5	Jan 25	9:00am-Noon	101	112151X	\$9	\$2

**Money Sense** (Includes Badge) -We all love to spend money, but what about saving and earning it? Work with your troop to develop a budget and have fun decorating your own piggy bank. Learn about saving and investing, cash vs. credit payments, and more. Ponder the thought "can happiness be bought?" by making a project about the good things in life. After completing activities in this workshop, you will be able to earn your Money Sense badge. Basic snack will be provided. Please have students bring water bottles.

<u>Grades</u>	<u>Day</u>	<u>Date</u>	<u>Regis. Deadline</u>	<u>Time</u>	<u>Room</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
4-5	Sat	Apr 16	Apr 6	8:30am-12:30pm	101	112151Y	\$10	\$3.50

\* Supply fee paid to instructor at first class.

## All About Me Scrapbook

Basic scrapbooking for youth groups, scouting troops, families and friends. Program can be adapted for older or younger groups. Although not required, parents are encouraged to attend. Participants will receive supplies needed to complete a folded scrapbook with photos and journaling. Supplies include sturdy paper, journaling boxes, adhesives, embellishments/stickers. Instructor will provide tools for use (scissors, cutting tools, punches). Participants should bring at least 1 photo from each of the following themes (photos may be trimmed): family, vacation, baby photo, home, grandparents, friends, siblings, pets, school, hobby, yourself, anything else you'd like. The goal will be to use 1 photo per page to help document your life story. Fees below are per participant. For more information, contact Karen Foster by e-mail at foster.karen@att.net or by phone at 765-426-9460. For Girl Scouts, leaders are to provide adult to girl ratio of supervision as required for their troop's age group. This program will fulfill requirements for the following: Brownie Girl Scouts Try-it Hobbies or All in the Family; Junior Girl Scouts My Heritage or Making Hobbies

Instructor: Karen Foster

Location: Morton Center-room 205

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Regis. Deadline</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
7 - 14	Wed	Apr 13	Apr 6	3:30-5:30pm	112161L	\$5	\$7
7 - 14	Sat	Apr 16	Apr 6	9:30-11:30am	112161M	\$5	\$7

OR other dates by appointment for groups.

*\*Supply fee paid to instructor at first class*

## Food Power

This class has been designed following the suggested list of activities provided in the Junior Girl Scout Badge Book. Participants will design a personal food diary, identify healthy habits, look at food labels of favorite foods, discuss food advertisements from TV and magazine ads and examine a school lunch menu. Each participant is asked to bring a non-perishable food item. The item will fulfill one of the required activities and will be used to complete other activities. The items will then be donated to a local food pantry selected by the instructor or the troop. Supply fee includes notebook, handouts, and badge. For Girl Scouts, leaders are to provide adult to girl ratio of supervision as required for their troop's age group. Please contact Karen Foster at foster.karen@att.net or call 426-9460 for more information. Upon completion of the workshop: Brownies will earn the "Eat Right, Stay Healthy" Try-It; Juniors will earn the "Food Power" badge; Brownies will complete activity requirement for Healthy Habits, #3; Juniors will complete activity requirements for A Healthier You, #1, #9

Instructor: Karen Foster

Location: Morton Center -room 205

<u>Ages</u>	<u>Day</u>	<u>Date</u>	<u>Regis. Deadline</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
7 - 14	Wed	Apr 20	Apr 13	3:30-5:30pm	112172A	\$6	\$5
7 - 14	Sat	Apr 23	Apr 13	9:30-11:30am	112172Y	\$6	\$5

OR other dates by appointment for groups.

*\*Supply fee paid to instructor at first class*

**Check out our Website - [www.westlafayette.in.gov/parks](http://www.westlafayette.in.gov/parks)**

# Friday Enrichment Classes for Preschoolers

## Tikki Tikki Tembo

Be in a musical play called Tikki Tikki Tembo. Make crafts and music and learn fun customs and dances for this classic Chinese story! Call Marla's Music at 420-9363 or Joy McEwen at 464-0580 for more information.

Instructors: Marla's Music and Joy McEwen-Ambrose

Location: Morton Center, room 106

<u>Ages</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
3-6	Fri	Jan 14-Feb 18	12:30-1:10pm	114111N	\$55	\$5

*\*Supply fee paid to instructor at first class*

## Alphabet Adventures

Come join us in this alphabet adventure for 3 and 4 year olds. Jump into the world of letters through books and themes with follow up activities including games and crafts which help them to learn letter names, sounds, and phonetic awareness. Great take home teaching tips and activities too! We will have focus letters each week as well as whole alphabet review. Our instructor, Michele Landskron, would be happy to answer any of your questions at 765-807-5006 or e-mail [michele.landskron@comcast.net](mailto:michele.landskron@comcast.net).

Instructor: Michele Landskron

Location: Morton Center -room 101 Ages: 3-4 (must be potty trained)

**Try Alphabet Adventures-FREE! Bring your 3-4 yr old. Jan 14 or Mar 18- 9:20-10:30 am**

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
1	Fri	Jan 21-Feb 11	9:20-10:30am	113021Y	\$42	\$8
2	Fri	Feb 18-Mar 11	9:20-10:30am	113051Y	\$42	\$8
3	Fri	Mar 25-Apr 29 no class 4/1 & 4/22	9:20-10:30am	113061Y	\$42	\$8

*\*Supply fee paid to instructor at first class*

## Club Math

Jump into our exciting world of club math and concepts in a hands-on small learning group. We will play all new games, create projects, and discover math in our world each session so you can sign up for one or both. Each child will be given materials/take home activities which allow them to explore math at home with their parents. Explore different topics all year long including odd and even, patterns, problem solving, counting, shapes, probability and much more. Call Michele Landskron at 765-807-5006 or e-mail [michele.landskron@comcast.net](mailto:michele.landskron@comcast.net) for more information.

Instructor: Michele Landskron

Location: Morton Center -room 101 Ages: 3-5

**Try Club Math - FREE! Bring your 3-5 yr old - Jan 14 or Mar 18 -10:40-11:45 am**

<u>Session</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>	<u>*Supply Fee</u>
1	Fri	Jan 21-Feb 11	10:40-11:45am	112111A	\$42	\$8
2	Fri	Feb 18-Mar 11	10:40-11:45am	112111B	\$42	\$8
3	Fri	Mar 25-Apr 29 no class 4/1 & 4/22	10:40-11:45am	112111X	\$42	\$8

*\*Supply fee paid to instructor at first class*

# Riverside Skating Center



Regular public skating hours of operation (weather permitting)

Monday & Wednesday: 4:00 - 6:00 pm & 7:00 - 9:00 pm

Tuesday: 4:00 - 6:00 pm, Thursday: 7:00 - 9:00 pm

Fridays: 4:00 - 6:00 pm & 7:00 - 10:00 pm

Saturdays: 1:00 - 3:00 pm, 4:00 - 6:00 pm & 7:00 - 10:00 pm

Sundays: 1:00 - 3:00 pm, 4:00 - 6:00 pm & 7:00 - 9:00 pm

Admission is \$ 4.00 per session. Skate rental is \$ 2.00 per session

**(CASH ONLY)**

## Special Holiday Schedule

<u>Date</u>	<u>Hours of Operation</u>
Fri, Dec 24	1:00 - 3:00pm, 4:00 - 6:00pm <b>(Sat, Dec 25-CLOSED)</b>
Sun -Fri, Dec 26-Dec 31	1:00 - 3:00pm, 4:00 - 6:00pm, 7:00 - 9:00pm
Sat, Jan 1	1:00 - 3:00pm, 4:00 - 6:00pm, 7:00 - 10:00pm
Sun-Tues, Jan 2-4	1:00 - 3:00pm, 4:00 - 6:00pm, 7:00 - 9:00pm
Mon, Jan 18	1:00 - 3:00pm, 4:00 - 6:00pm, 7:00 - 9:00pm

Admission: \$ 4.00 Skate Rental \$ 2.00 **(CASH Only)**

For more information phone the Skating Center at **743-RINK (743-7465)** or the City Hall office at 775-5110. The rink is available for rent. Call Morton 775-5120 for information

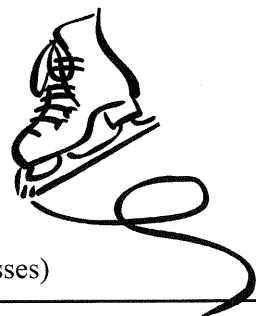
**Learn to Skate Lessons-** The purpose of the Learn to Skate program is to introduce the basic skills of ice skating using a variety of safe, fun techniques that build confidence and encourage participation at the recreation level and possibly beyond. This is designed for any child that has never taken lessons before or wants to improve on previously learned basic skills. Skills to be taught include basics of balancing, stopping, one foot gliding and playing games that reinforce these basic skills. Other skills taught include the proper way to fall on the ice and stand up again, skating forward and backward using sculling motion and knee dips.

\*Day/Dates: Saturdays, Jan 15 - Feb 5

<u>Ages</u>	<u>Time</u>	<u>Code</u>	<u>*Fee</u>
8 - 13	10:00-10:30 am	180116A	\$45
5 - 12	10:30-11:00am	180117B	\$45
5 - 10	11:00-11:30am	180117C	\$45
5 - 10	11:30am- Noon	180118C	\$45

\*Lesson fee includes 4 thirty minute lessons AND

4 public skating admission passes (skate rental not included with passes)



**Learn to Skate One Day Clinic** - Get a jump on the New Year learning to skate or building on your skating ability. The clinic will last two hours with the first hour dedicated to a safety and equipment lecture followed by an on ice group lesson. Basic skills of falling, gliding dips and crossovers as well as skating backwards will be covered. The second hour will be an open practice with instructors making suggestions and corrections. This clinic will cover several different requirements of the BSA Ice skating badge. Only paid participants will be allowed in the Skate Center during the clinic. For more information call the rink at 743-7465.

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Code</u>	<u>Fee</u>
Sat.	Jan. 8	10 am - Noon	180311A	\$12/person

## Shelter Reservations

### Shelter Reservations

Reserve a shelter for this summer's activity at Happy Hollow Park & Cumberland Park. Make your reservations in person or by phone. You must use a credit card for phone in reservations. Call our office at 775-5110 for more information. Please know the date and time you prefer before you call. Fees must be paid at the time the reservation is made.

**Sorry, Shelter reservations are  
Non-Refundable and Non-Transferable.  
Shelter Rental for 2010 begins  
Tuesday, January 4**

Shelters are available for rent  
April 1 - October 31

## Softball

### Adult Coed and Men's Softball Leagues

League play starts in early May. An organizational meeting will be held sometime in March. Games are played in the evenings, Monday through Thursday. If interested in forming a team or playing call the Parks and Recreation office at 775-5110

### Senior Slow Pitch Softball (55 and Over)

Games are played on Tuesday and Thursday from 8:30-10:30 am at the Arni Cohen Softball Fields on Salisbury starting in May. In this recreation league, you don't have to commit to every Tues. & Thurs., just show up and play when you can. Call the Parks and Recreation office for additional information at 775-5110.

## Photo Disclaimer

We like to take pictures of our classes and special events. We use the photos to promote our programs and add to our archives. If you do not wish to have your photo or your child's photo taken, please notify the photographer.

## Holiday Office Closures

Parks & Recreation  
City Hall Office 775-5110  
& Morton Center 775-5120  
will be closed for these holidays:

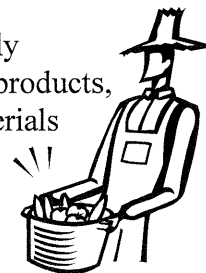
New Year's Holiday - Mon., Jan 3  
\*Martin Luther King Day - Mon., Jan 17  
President's Day - Mon. Feb 21  
Good Friday - Apr. 22  
\*Election Day - May 3  
Memorial Day - Mon, May 30

*\* Morton Center open \*  
Jan. 17 M.L. King and  
May 3 Election Day*

## Farmer's Market

### Attention: Farmers' Market Vendors

Would you like to sell your locally  
made or grown products, food products,  
plant stock, crafts or artistic materials  
at the Sagamore West  
Farmers' Market?  
If so, read on.



The Sagamore West Farmers' Market  
will operate on Wednesdays from 3:00 - 6:30 pm in  
the north end of the south parking lot of Cumberland  
Park (near the intersection of Salisbury St. and  
LaGrange St. -one block north of Cumberland Ave.)

The season tentatively runs from early May 2011  
until the end of October 2011.

The 2011 Sagamore West Farmers' Market is a joint  
venture of West Lafayette Parks and Recreation and  
Farmers' Market Advisory Committee.

## *Four easy ways to register.....*

### **Mail-In (Best way!)**



Registrations will be processed in postmark & date received. If there is a problem with your mail-in registration, we will contact you.

### **24 hour Drop Box**



At your convenience, drop off your completed registration form with payment in a sealed envelope marked Parks & Recreation. The drop box is located in the City Hall parking lot, the same box is used for Wastewater payments. Drop box registrations will be processed after the next day's mail-ins.

### **Call-In & Walk-In**



Register in person or by phone beginning Thursday, Jan. 6. Regular office hours are Monday - Friday, 8 am - 4:30 pm. Visa, MasterCard & Discover accepted. Have your completed registration form ready before you call during regular office hours.

**City Hall 775-5110 or  
Morton Center 775-5120**

**Need a Receipt? Send a self-addressed stamped envelope.**

*Mail-in Registration will be processed early by postmark dates.*

*All other forms of registrations begin on Thursday, Jan. 6. Classes may fill prior to Jan. 6.*

*No confirmations will be sent! You may assume you are registered unless otherwise notified.*

## ***Fine Print: Things You Should Know.....***

### **Register Early!**

Registering early helps us do a better job of serving you by preparing programs for the proper amount of participants. Most of our programs have a limit on the number of participants. We depend on your participation for a successful class. Early registration allows us to schedule the necessary sessions, add instructors when needed, and prepare supplies and materials.

### **Facility Reservations**

The group and contact person listed on the rental confirmations are responsible for all damages to City of West Lafayette property or equipment and for full compliance with the Department's rules and regulations. Failure to completely follow the rules and regulations may result in immediate suspension of the activity in the facility and the forfeiture of future facility rental privileges.

### **Refund Policy**

If we cancel a class, all fees will be refunded.

If you cancel at least two business days prior to the start of the class, you may receive a refund less a \$5.00 processing fee.

Because decisions to maintain classes are based on enrollment at the first class, NO refunds will be granted within two business days of the first class.

Refund claims will be processed at the next regularly scheduled City Board meeting. Refund checks will be mailed.

**Instructors** - Our instructors are independent contractors. The curriculum is determined by the instructor.

### **Supply Lists**

Some of our classes require a supply list. Supplies should not be purchased until two business days prior the start of class. Most classes have a minimum number of registrants required to hold the class.

### **No Receipts Mailed**

No confirmations will be sent. Assume you are registered unless you are notified. If you need a receipt, send along a self addressed stamped envelope.

### **Questions??? Call us....**

**City Hall office - 775-5110  
Morton Center - 775-5120**

**Keep this Brochure!**

**Brochures are published three times per year April, August & December.**

**Keep this for reference until you receive your next brochure in late April**

**Please read information  
on page 32  
before registering**

**Mail in Registration begins immediately - Don't delay, Mail today!**

Mail to:

West Lafayette Parks & Recreation

609 W. Navajo

West Lafayette, IN 47906

## REGISTRATION FORM

For more Information Call 775-5110

**Please Print**

Family Name: \_\_\_\_\_ Address/City \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

First Name	Last Name*	Birthdate	Grade	Sex	Class	Class Code	Fee
1. _____	_____	_____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____	_____	_____	_____
5. _____	_____	_____	_____	_____	_____	_____	_____

**Make check payable to: City of West Lafayette**

**Total Fees Due \$ \_\_\_\_\_**

\*If different from family name

**Method of payment:**

☐ Check ☐ Cash ☐ Visa ☐ MasterCard ☐ Discover

### Waiver Release Statement

By registering for West Lafayette Parks & Recreation Programs, registrant realizes the inherent risks involved in the programs and appreciates the nature of the risks. The applicant holds the West Lafayette Parks & Recreation Department harmless for any damages caused by participation in these programs. Participants registering for activities of a strenuous nature are encouraged to seek a physician's approval.

\_\_\_\_\_  
**Card Number**

\_\_\_\_\_  
**Expiration Date**

\_\_\_\_\_  
**Name as printed on card**

\_\_\_\_\_  
**Signature**

**NO RECEIPT will be sent:**

**You will not be notified of enrollment unless difficulty is encountered. Please keep a record of program dates and times.**

**NEED A RECEIPT? Send along a self addressed stamped envelope.**

***Remember...Priority Registration  
by Mail-In Only***

***receipted by postmark.***

***Other forms accepted Thursday, Jan 6.***

West Lafayette Parks & Recreation  
609 West Navajo  
West Lafayette, IN 47906  
*Discover The Benefits....*

PRSRT. STD  
U.S. Postage  
Paid  
LAFAYETTE, IN  
Permit No. 243

Check out our website - [www.westlafayette.in.gov/parks](http://www.westlafayette.in.gov/parks)

**Parks & Recreation Discover the Benefits...**

*"People who cannot find time for recreation are obliged sooner or later to find time for illness."- John Wanamaker*

**City Hall office 775-5110  
Morton office 775-5120  
Monday - Friday  
8:00 a.m. - 4:30 p.m.**

**Take the Family  
Ice Skating at  
Riverside  
Skating Center  
743-(Rink) 7465**

***STAY ON OUR MAILING LIST!***

*We purge our mailing list every two years. If you haven't registered for a class or had any activity with our department, you might be purged from our mailing list. If you wish to stay on our mailing list but aren't registering, just let us know.*

*Call us at our City Hall office 775-5110  
or Morton Center 775-5120,  
or email us at [wl parks@westlafayette.in.gov](mailto:wl parks@westlafayette.in.gov)*

**Mail-in registrations  
are accepted by date received.  
All other forms of registration  
will begin on January 6  
Classes may fill before Jan. 6.  
Mail your registration *TODAY!***

**Mark your  
Calendar  
Mor Danc'n  
Dance Recital  
April 30**